

## ABSTACT

A carrying bag, in particular for frozen food, has two side sections with handles, with the side sections being connected along the bottom and lateral sides, forming an opening. The side sections are made of two layers and provide thermal insulation. One of the side section has a greater height than the other side section and forms a fold-over flap with a slit, which is configured to receive both handles. The fold-over flap can be connected with the outer surface of the other side section by a closure element which extends across the entire width of the carrying bag.